I am not a doctor or a psychologist. I am merely a man that has struggled within myself and been fortunate enough to gain a meaningful understanding of my experiences. It is not given that everyone understands their experiences in life. For most of my years I was really unable to myself.

For the compulsive criminal offender, crime is a two edged sword, whether society at large wishes to acknowledge the truth or not. Every crime and arrest intensifies the rejection, contempt, and hatred he feels toward himself, and then these feelings intensify his compulsiveness even more. It is another vicious cycle that creates more victims and further debases his humanity. Feeling sorry for his crimes is not a solution. He carries tons of remorse. But sooner or later the remorse becomes unbearable and his mind must automatically evade such feelings to protect him from the torment of destructive, instead of constructive, guilt and shame.

In order for guilt, shame, remorse, and feeling sorry to really mean something and have a productive effect on the compulsive offender's psyche, he must nurture his real human needs and decrease the condition of psycho-emotional repression within himself. By these steps he/she will be able to better embrace his or her own humanity and, therefore, place greater active value on that of others in society.

I dedicate this writing to all the parents who need to save their children; all the adults who still suffer and want freedom from the compulsive criminality that has haunted them since childhood, and all the victims who have the humanism to forgive and work toward trying to decrease the problem of crime in their own way. Free the Mind.

Sincerely. C. Anthony Taylor

C. Anthony Taylor

- The difference between a sociopath and a psychopath is that the sociopath, while in the "habit" of committing crimes, ultimately wishes from a moral standpoint that he were not doing so.
- It's a tragic reality that most compulsive offenders will never change because they are too weak to confront themselves even though given insight and direction of how to approach the problem. This writing will influence some, though, and motivate them to change their characters and lives as adults. The statistics of hope are much greater for juvenile delinquents if parents persevere, which they must if they want their children to lead constructive lives once again.

So. Chi. ABC Zine Distro
Publisher & Distributor
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Clarence A. Taylor

The Anti-Recidivist Booklet 21st Century

...YOU'LL UNDERSTAND THIS TIME

THE ANTI-RECIDIVIST BOOKLET

(Combat Repeat Offenderism)

Part One:

C. Anthony Taylor

- FOREWORD -

This Booklet is written to address a class of juvenile delinquents and adult offenders that society may never address the needs of. It is for those who want to change and who have struggled to change, but been unable to to their own bewilderment and disappointment.

I call this class the Compulsive Offender Class. They are individuals who began committing unlawful acts during or before teenhood, and who – despite repeated episodes of incarceration – continue to commit crimes, do time, get out and commit more crimes even though they don't want to be criminal and may dislike themselves for being, but feel helpless toward whatever emotional and psychological forces make them that way.

I call it compulsive offenderism because it is against the conscious will that they act as they do. If they were free to choose in the normal sense of the word then they know as well as I that they would have stopped the cycle of crime and imprisonment already. The problem has partly been that they have never really understood that they were not acting out of free rational choice. And they futilely have always accused themselves of choosing the wrong path and people. But where have all the self-accusations and self-criticism gotten them? Are you still doing the same old things? Are you worried that when you get out you'll probably be back? Then this booklet is for you.

It is written for those society wrote off without ever asking a question as simple as why, and then when you probably would have answered, "I don't know," as a child or young teen – saw therein an indication that unconscious compulsions were at work.

- PSEUDO-SOLUTIONS -

A lot of things that work to change the thinking and behavior of other offenders don't work for the compulsive offender. They are therefore pseudo-solutions to his problems, even though he pursues them with feelings of sincerity. For example: Vocations, religions, G.E.D., even some college. While these achievements may change the lives of some offenders who are not compulsive in their criminality, the compulsive offender must achieve something much greater. He must achieve the inner power of free choice and self-determination, both of which are sadly lacking in his character, and of which he may not even be aware, nor others who observe the individual.

completely blocked. If these fifty people could smoke they would, but instead they are forced by external conditions to cope without cigarettes, as well as, too adjust their thinking in an effort to decrease the hardship of withdrawal symptoms. Naturally, a number of them will experience withdrawal symptoms with less intensity than others, but this does not mean that they are less prone to smoke again.

After the elapse of a few months several of the fifty people consider themselves as having quit smoking merely because they haven't smoked. With time the number of people thinking this same way increases. Their belief is that the restraints of the external environment put in them an internal change. This is where they unwittingly become victims of self-delusion, because no internal process of change or commitment was ever initiated. In other words the majority of the smokers never took "responsibility" for themselves in terms of engaging in a protracted struggle within. Hence, when the environmental restraints are lifted, nearly everyone who failed to endure the self-initiated, internal, protracted struggle will smoke again.

In this same sense – when the restraints of prison repression are removed – most prisoners released back into society will eventually give in again to what we call criminal activity and thinking, because, though hardly perceived by themselves and others, their criminality is just as compulsive as the urges of a drug addict or alcoholic. The only difference being that the sociopath's compulsiveness is based on emotional and psychological conditions alone. Nothing physical drives him to commit the acts that he does as in the case of bio-physiological addiction.

- AFTERWORDS -

Nothing written in part one or two of the foregoing booklet is the product of mere intellectual study, or philosophical belief. I had to learn these things through years of consistent emotional and psychological struggle while always maintaining the faith that no matter how weak and unstable the process made me feel at times – if I stuck with the self-analysis wholeheartedly – in the end I would come out stronger and more knowledgeable about the reality of myself and others in a similar situation.

It is an extremely difficult task to become conscious of and confront one's repressed psychic contents, no matter how desperately one needs to. Most people would rather stick with the artificial relief of pseudo-solutions than to feel the pain, insecurity, doubt, self-hatred, etc. hidden within the depths of themselves. They instinctively know – metaphorically speaking – that the unconscious is like the pitch-dark woods where all monsters and torturers lie waiting for us to journey through. What has to be acknowledged for the most part is that – as long as one is afraid to travel through the woods he or she may never find the way home. He or she may forever remain a wanderer, alienated from the most basic powers and freedoms of the human soul. Alienated from the true will and knowledge of self.

a sense of self-worth and value. This mistaken belief inevitably perpetuates his criminality. In other words, it's like constantly trying to fix a machine that malfunctions not because of the part you keep blaming or exchanging, which is not actually defective, but which malfunctions or keeps burning out because of a part within the system that you aren't even conscious of.

Q: What's the difference between a sociopath, and a psychopath?

A: The difference between a sociopath and a psychopath is that the sociopath, while in the "habit" of committing crimes, ultimately wishes from a moral standpoint that he were not doing so. While possessed by the social condition of criminality he finds himself driven by, and at the mercy of, emotional and psychological forces that he can't seem to clearly understand or control. He also silently condemns and rejects himself in his thoughts and feelings, through shame and guilt, because of his crimes. However, this self-condemnation and self-rejection tend to unconsciously reinforce his negative and sociopathic relations with himself and society, because they engender destructive self-hatred to one degree or another. This process usually begins in youth.

The sociopath is not a criminal by deliberate and collective choice, but becomes so through the influences of negative social conditioning and underdeveloped human potential. On the other hand, and in contrast to much of this, the psychopath deliberately chooses through disregard and self-justified reasoning to commit his crimes. He sees his attitude and behavior as rational. He harbors no shame or guilt in the sense that the sociopath does.

The sociopath is morally sensitive to the consequences of his actions in the lives of others, but he is too weak and confused about his motivations to effectively alter his behavior. His only recourse then, his internal refuge for dealing with his shame, guilt, and growing self-hatred, is to spontaneously master techniques of "psychological self-preservation" by the suppression of his conscience. In other words, he learns to evade the suspension (lingering) of feelings like shame, guilt, and remorse, because they are a threat to the desperate yearning for tranquillity and comfort within his psyche. Ironically, he can not grasp that it is the evasion of these very feelings – to the extent that he never truly faces them – that contributes to the perpetuation of his criminality and his helplessness toward it.

If prisoners are to begin to effectively combat the statistical madness of recidivism – then they as well as the supporting forces in society – must begin to acknowledge to a much greater extent that recidivism is a product of unconscious psychological and emotional forces; forces lurking so deep within the layers of the mind that the individual himself cannot readily grasp them.

- The Illusion of Change Illustration -

The process of real character change is a "protracted struggle" that confronts deeply rooted ideas, feelings, attitudes, and emotions, actively, on a daily basis until it becomes an internal reality that true transformation has occurred.

Let us use the habit of SMOKING CIGARETTES to illustrate a point: You take fifty smokers and place them in an environment where smoking is prohibited and access to cigarettes is

A pseudo-solution is a solution that appears to be the answer to a problem, (such as criminality for example), but eventually proves not to be. What makes so many conventional achievements "pseudo-solutions" to the compulsive offender is that the root of his problem does not rest in the absence of conventional goal achievements, but in the obstruction of healthy emotional and psychological fulfilment, such as self-acceptance, self-esteem, self-knowledge, and self-confidence. He may appear to have all these basic psychic necessities on the surface, but if they're deficient in the unconscious then most of his constructive desires and efforts will be undermined.

In order to function despite an absence, or severe deficit in, the basic psychic necessities – a person must develop some means of coping with the world around him and the tormenting conditions within him as though he is a typically average person. This means of coping, in general, (and from what I gather from personal experience with the Psycho-Analytic theories of Karen Horney, M.D.), is the development and maintenance of a neurotic pride system. I'll just say pride from here forth. The pride is not the product of some conscious decision, but the end result after years of suffering and emotional-psychological torment from the basic-needs deficit within. The Pride becomes a knight in shining armor in the literal sense. And anyone who attempts to penetrate that armor will become the target of a compulsive, hostile, counter attack. The neurotically compulsive repeat offender (or any neurotic for that matter) has two courses: (1) Sustain the Pride or (2) be plunged into the tormenting emotional and psychological abyss that the Pride (knight in shining armor) protects him or her from.

For the compulsive repeat-offender the scenario is very real. He commits criminal acts over and over again because the objective of the crime operates as a pseudo-solution to the absence of, or severe deficiency, in his basic psychic needs fulfilment. When I say basic psychic I mean mental and emotional, (psycho-social needs).

Almost everything in this condition of compulsive criminality exists as part of a self-perpetuating, vicious cycle that the individual himself is actually overwhelmed by. He is a slave to the unconscious forces that drive him, as well as to the Pride that he mistakenly thinks can free him from those forces of enslavement, vulnerability, and self-hate.

The self-perpetuating, vicious cycle may go something like this:

At some earlier point in life the conditions of his or her relationships robbed the individual of self-esteem. This lack of self-esteem undermined the development of self-confidence, which in turn thwarted genuine efforts toward achievement, which denied feelings of self-worth. Eventually, these reinforced one another until self-contempt and self-hatred developed, both of which had to be repressed, and hence the Pride System comes to the desperate, artificial rescue.

Each of the psychic necessities mentioned above are indispensable from the functioning and well-being of a person. They must be fulfilled healthily or be pathologically compensated for. This means that where healthy fulfilment is not attained, pathological fulfilment will be pursued. However, the pathological fulfilment is always temporary and insufficient, and that is the second dynamic of its compulsive nature, it cannot render real and lasting fulfilment or satisfaction.

PART TWO: THE JUVENILE DELINQUENT

Anti-Recidivist Work For Parents

The repeat juvenile delinquent is inevitably destined to become the repeat adult offender if special intervention doesn't change the course of his or her development and, therefore, life. What I mean by special intervention is that the problems must be recognized as the symptoms of unfulfilled or deficient development of basic human needs. Those needs mentioned in the first section. The need to feel worthy, acceptable, lovable, wanted. The need to have self-esteem, confidence, etc. When children are deficient in their basic fulfilment of human needs – they too employ repression, denial, etc. to cope with life, to continue to function as best they can as typical human beings while avoiding the pain within themselves.

It is during this period of their lives that subconscious driving forces begin to take root. In other words, their conscious freedom of choice and self-determination become impaired by rigid, compulsive behavior. Almost everything they do is done as a reaction to some experience or circumstance. They have little power to act on life.

If you ask the repeat juvenile delinquent why he or she commits crimes, most likely the answer will be: "I don't know." Take a moment to think about that: "I don't know." Well, the reason he or she doesn't know is because the root of the behavior or complicity in the behavior is subconscious. In the child's conscious mind he or she is against the criminal act committed. He or she knows it is wrong and feels the shame and guilt of it all. But he or she still does not understand or have the power to repel the subconscious influences toward crime or other forms of sociopathic behavior. If grown men and women can't understand why they are repeat offenders, how can we expect children to?

Parents need to understand that repeat juvenile delinquency is just as compulsive at age 13, 14, 15, as it is in adult offenders at age 21, 30, or 45. The unconscious knows no sense of time, so there's no such thing as chronologically aging out of sociopathic thinking and behavior. The character conditions that sustain them must be uprooted. This leads us to the question of how to successfully intervene in juvenile delinquency before the child reaches adulthood.

- PARENTAL FOCUS -

The solution to juvenile delinquency before the child reaches adulthood begins with the parent(s) honestly trying to identify the basic psychic needs that are disturbed in the child's life. This may involve needs that the parent(s) themselves are unwittingly responsible for depriving the child of, therefore, the parent(s) may find it difficult to face the truth about their contribution to the child's delinquency and attitude.

When it comes to these type of issues parents shouldn't take too much for granted. For example, parents may think that because they love the child and take care of material provisions – that the child automatically feels loved. This may not be true at all. And it is possible that things outside the parent-child relationship could inhibit a child's ability to feel lovable to anyone. A parent always needs to bear in mind when delinquent or criminal behavior is manifest, that the less a child or youth is healthily nurtured in basic emotional and psychological needs, then the more prone he or she is to become compulsively delinquent or criminal because of the drive to artificially compensate for basic need deficits.

Parent(s) also need to question their children more about the condition of their relationships with other children and youth. How does a certain peer or person that your child regularly encounters in school effect your child's attitude toward him or herself? How does it effect your child's attitude toward other people in general? Without questioning these type of relationship conditions unproductive personality traits could be given free rein to develop in your child. One should never underestimate the primary role of human relationships in the type of personalities that people ultimately develop.

If a parent(s) spends too little time with or expresses no noticeable affection toward a child, then a child could develop an affection-deficit. The need for affection is a basic human need that can't be divorced from one's sense of wholeness and acceptableness. And any time a basic human need is unfulfilled, the pain of absence causes the mind to repress the need. The problem with this is that repression only magnifies the need to irrational proportions.

So the child, who was deprived of affection from the parents, tries to repress the need for affection and develops the unconscious belief that he/she is unlovable. This unconscious belief must be proven untrue, so the feelings responsible for it compel the child (sometimes throughout the whole lifespan) to artificially and sometimes desperately seek affection. (Which may translate into acceptance, love, or any range in between).

Some children steal or commit other group participation crimes because they fear rejection if they go against the group. To fear rejection is to fear a loss of acceptance or affection in another sense. There are other children who purposely steal to get attention because in their minds the attention functions as artificial affection in the same way that false pride serves the function of artificial confidence in part one. What people in general should understand is that artificial affection to a child or youth in almost any form or fashion is preferable to the anguish and torment of no affection at all. This holds true for most adults too.

But an affection-deficit is only one deficit among basic psychic needs that can easily result in unconstructive, compulsive behavior. All basic need deficits tend to create and perpetuate a self-debilitating and self- depreciating subconscious belief system. This belief system can travel within the psyche of an individual from childhood to old age. It can even evade countless efforts on the part of the individual to change it. This is because its influence on behavior can't be changed until its condition as a subconscious reality is uprooted.